


PLEASE SIGN IN DAILY-THANKS!				
Congratulations! MARY MCNEIL Please join us Thursday, January 5 th at 10am in the Peak to say Thank You & Farewell Mary has received a promotion with The City of Houston! MONDAY	Always Best Care Senior Services "Know Yourself" <i>Body Composition & Massage Therapy</i> January 10th 10AM-1PM "The Peak" You must sign-up! See Flyers for more information TUESDAY	The PINNACLE Senior Center of Fort Bend County January 2017 New Year, New YOU! 5525-C Hobby Rd. Houston, TX 77053 M-F 7:30am-7:30pm Sat. 8-11am WEDNESDAY	2nd & 4th Saturday (January) Computer Classes w/ <i>Ethiopia Hattix</i> From 9-10:45am 01-14 & 01-28 Start the New Year off on a solid financial foot w/Barbara Walker of Advanced Wealth LLC. January 26 th 11am-Noon The POINTe See Flyers to sign up! THURSDAY	•EVENING SCHEDULE• Monday-5-6pm Line Dance w/Sheila 6-7pm Nighttime Cardio DVD Tuesday-6-7pm-Nighttime Cardio/Zumba DVD Wednesday- 6-7pm Line Dance w/Bonnita 1 st Thursday-6-7pm Line Dance w/Faye 2nd, 3rd & 4th Thursday 6-7pm Two Stepping w/Marvin Friday-6-7pm- Nighttime Cardio DVD FRIDAY/SATURDAY
Visit the Wellness Center Carolyn Lyons, LVN Monday & Wednesday 9am-4pm Blood Pressure & Diabetes Testing Donna Sullivan (Interim) City of Houston Monday and Thursday 8:30am-12:30pm Drop-Ins Welcome	Beginning January 4th Every 1 st Wednesday of the Month South Texas Dental will sponsor the Houston Food Bank Truck The time will be 9AM until Noon Tell your senior neighbors & friends Please bring your own bags. See flyers for more information	Senior Tech TalkJanuary 7th..... 10:30AM – 12:30PM Sponsored by: Jack & Jill of America, Inc. & Best Buy Geek Squad See Flyers to sign up! Best Buy will be on hand(with coupons) along with the teens from Jack & Jill to assist in demonstrating how to operate your devices Don't Miss This Opportunity	Join <i>Deanne Garrett</i> with a Fresh Start to a Healthier YOU! 1 st Thursday 11am-Noon @ the PEAK This program is presented by Texas A&M AgriLife Extension Services Join and receive: ▪ Support of Friends ▪ Confidence to cook healthy meals ▪ Practical cooking & shopping tips ▪ Handy kitchen tools ▪ Recipes for success PLEASE SIGN UP TO ATTEND January 5 th February 2 nd & March 2 nd	Toys donated for the Toy Drive were distributed to "The Battered Women's Shelter" & "Santa at The Ensemble" Thanks to all who gave and to Sheila "Happy Feet Brown" and the happy feet line dancers for their donations Note: Saturday 12-31-16 8am-Wake Up & Walk DVD 9am-ZUMBA w/Valerie (DVD)
2) Fort Bend County Holiday The Pinnacle Senior Center will be closed in observance of the New Year's Day Holiday 	3) 8am-Wake Up & Walk! 9am-Strength Training w/Freeman 9am-Chair Fit DVD w/Freeman 10am- Self-Defense w/Kenneth & GM Gerald 11am-Greater Works Bible Study TP 11am-Chair-Fit w/Freeman 12:00pm- Zumba DVD 1pm-Afternoon Fitness w/Valerie (Starts again on January 10 th) 1-3pm- Bridge "The Peak" 6-7pm-Nighttime Cardio DVD	4) 8am-Wake Up & WALK! 9am-Fitness w/Freeman 9am-Noon Houston Food Bank 9-11am-Ping Pong w/Su Bao 10am-ZUMBA w/Valerie 11am-Two Stepping w/Kenneth & Marvin 12-1pm- Line Dancing w/Faye 12-2pm- Wild & Wooly Women 1pm-Fitness w/Freeman(Ab Workout) 1:30-5:30pm-The Peak Table Games 6-7pm-Line Dance w/Bonnita	5) 8am- Wake Up & WALK! 9-10am-Functional Fitness w/Freeman 9-11am-Ping Pong Open Play 10am- Bring Your Device Library Programming "The POINTe" 10:30-11:30-Chair Fit /Freeman 11am-Noon-Healthy Eating w/Deanne "The Peak" 11:30am- Zumba DVD 1:30-5:30pm-The Peak Table Games 5-6pm-Sign Language w/Marsha "The Peak" 6-7pm-Line Dance w/Faye	6) 8am- Wake Up & WALK! 9am-Freeman's Fitness Friday 10am-Chair Fit DVD w/Freeman 11-1pm-Sewing w/Marcia Auditorium 12-2pm- Wild & Wooly Women 1:30-5:30pm-The Peak Table Games 6-7pm-Nighttime Cardio DVD Saturday 1-07-17 8am-Wake Up & Walk DVD 9am-ZUMBA w/Valerie Don't forget the Senior Tech Fair! 10:30AM-12:30PM
Schedule Subject to Change, please call 832-471-2765 Especially inclement weather days	Christmas Toy Drive Thanks to Sheila & the "Happy Feet" Line Dancers for an awesome Toy Drive!	Valerie returns! Welcome Back! Wednesday, January 4 th For 10am Zumba and Tuesday, January 10 th for Afternoon Fitness	We have revamped Zumba Gold so come and check out the new DVD program that will keep you moving to the Latin beats!	Continued on back → Visit us online at: www.fortbendcountytexas.gov under Departments/Health & Human Services

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

<p>9) <u>8am-</u> Wake Up & WALK! <u>8am-1pm</u> MarketPlace Monday <u>9am-Fitness w/Freeman</u> <u>10am-Line Dance w/Sheila</u> <u>11am-ZUMBA w/Valerie</u> <u>1pm-Fitness w/Freeman (Flexibility)</u> <u>1:30-5:30pm</u> The Peak Table Games <u>5:30-7pm-WillowPark HOA Peak</u> <u>4-5pm-Line Dancing w/Sheila</u> <u>6-7pm-Nighttime Cardio DVD</u></p>	<p>10) <u>8am-</u> Wake Up & WALK! <u>9am-Strength Training w/Freeman</u> <u>9am-Chair Fit DVD w/Freeman</u> <u>10am-Self Defense w/Kenneth & GM Gerald</u> <u>11am- Greater Works Bible Study TP</u> <u>11am-Chair-Fit w/Freeman</u> <u>10AM-1PM-</u> <u>Know Yourself- The Peak</u> <u>12:00pm- Zumba DVD</u> <u>1pm-Afternoon Fitness w/Valerie</u> <u>1-3pm- Bridge "The Peak"</u> <u>3-6:00pm- The Peak Table Games</u> <u>6-7pm-Nighttime Cardio DVD</u></p>	<p>11) <u>8am-</u> Wake Up & WALK! <u>9am- Fitness w/Freeman</u> <u>9-11am-Ping Pong w/Su Bao</u> <u>10am-ZUMBA w/Valerie</u> <u>11am-Two Stepping w/Marvin & Kenneth</u> <u>12-1pm-Line Dancing w/Faye</u> <u>12-2pm- Wild & Wooly Women</u> <u>1pm-Fitness w/Freeman (Ab Workout)</u> <u>1:30-5:30pm-The Peak Table Games</u> <u>6-7pm-Line Dance w/Bonnita</u></p>	<p>12) <u>8am-</u>Wake Up & WALK! <u>9-10am-Functional Fitness w/Freeman</u> <u>9-11am- Ping Pong Open Play</u> <u>10am-Legal Resources</u> <u>Library Programming "The POINTE"</u> <u>10:30-11:30-Chair Fit w/Freeman</u> <u>11:30am- Zumba DVD</u> <u>1:30-5:30pm-The Peak Table Games</u> <u>5-6pm-Sign Language w/Marsha "The Peak"</u> <u>6-7pm-Two Stepping w/Marvin</u></p>	<p>13) <u>8am-</u> Wake Up & WALK! <u>9am-Freeman's Fitness Friday</u> <u>10am-Chair Fit DVD w/Freeman</u> <u>10-11:30am-"Bling It" w/Harriett Peak</u> <u>11am-Noon-BINGO w/AmeriGroup TBD</u> <u>11-1pm-Sewing w/Marcia-Auditorium</u> <u>12-2pm-Wild & Wooly Women</u> <u>3-6pm-The Peak Table Games</u> <u>6-7pm-Nighttime Cardio DVD</u> <u>Saturday 1-14-17</u> <u>8am-Wake Up & Walk DVD</u> <u>9am-ZUMBA w/Valerie</u> <u>9-10:45am Computer Class</u></p>
<p>16) <u>Fort Bend County</u> <u>Holiday</u> The Pinnacle Senior Center will be closed in observance of the Martin Luther King, Jr. Day Holiday  Martin Luther King Day</p>	<p>17) <u>8am-</u>Wake Up & WALK! <u>9am-Strength Training w/Freeman</u> <u>9am-Chair Fit DVD w/Freeman</u> <u>10am- Self-Defense w/Kenneth & Grand Master Gerald</u> <u>11am- Greater Works Bible Study TP</u> <u>11am-Chair-Fit w/Freeman</u> <u>12:00pm- Zumba DVD</u> <u>1pm-Afternoon Fitness w/Valerie</u> <u>1-3pm-Bridge 3-6pm Peak Table Games</u> <u>6-7pm-Nighttime Cardio DVD</u></p>	<p>18) <u>8am-</u> Wake Up & WALK! <u>9am- Fitness w/Freeman</u> <u>9-11am-Ping Pong w/Su Bao</u> <u>10am-ZUMBA w/Valerie</u> <u>11am-Two Stepping w/Marvin & Kenneth</u> <u>12-1pm-Line Dancing w/Faye</u> <u>12-2pm- Wild & Wooly Women</u> <u>1pm-Fitness w/Freeman (Ab Workout)</u> <u>1:30-5:30pm-The Peak Table Games</u> <u>6-7pm-Line Dance w/Bonnita</u></p>	<p>19) <u>8am-</u>Wake Up & WALK! <u>9-10am-Functional Fitness w/Freeman</u> <u>9-11am- Ping Pong Open Play</u> <u>10am-Crafts</u> <u>Library Programming "The POINTE"</u> <u>10:30-11:30-Chair Fit w/Freeman</u> <u>11:30am- Zumba DVD</u> <u>11:30am-3:30pm-Missouri City Bridge Tournament "The Auditorium"</u> <u>1:30-5:30pm-The Peak Table Games</u> <u>5-6pm-Sign Language w/Marsha "The Peak"</u> <u>6-7pm-Two Stepping w/Marvin</u></p>	<p>20) <u>8am-</u> Wake Up & WALK! <u>9am-Freeman's Fitness Friday</u> <u>10am-Chair Fit DVD w/Freeman</u> <u>11-1pm-Sewing w/Marcia-Auditorium</u> <u>12-2pm-Wild & Wooly Women</u> <u>12-3pm</u> <u>Red Hat Society "The Peak"</u> <u>3-6pm-The Peak Table Games</u> <u>6-7pm-Nighttime Cardio DVD</u> <u>Saturday 1-21-17</u> <u>8am-Wake Up & Walk DVD</u> <u>9am-ZUMBA w/Valerie</u></p>
<p>23/30) <u>8am-</u>Wake Up & Walk! <u>9am-Fitness w/Freeman</u> <u>10am-Line Dance w/Sheila</u> <u>11am-ZUMBA w/Valerie</u> <u>1pm-Fitness w/Freeman (Flexibility)</u> <u>1:30-5:30pm</u> The Peak Table Games <u>5:30-6:45-Teacher Mentoring The POINTE</u> <u>5-6pm-Line Dancing w/Sheila</u> <u>6-7pm-Nighttime Cardio DVD</u></p>	<p>24/31) <u>8am-</u>Wake Up & WALK! <u>9am-Strength Training w/Freeman</u> <u>9am-Chair Fit DVD w/Freeman</u> <u>10am- Self-Defense w/Kenneth & Grand Master Gerald</u> <u>11am- Greater Works Bible Study TP</u> <u>11am-Chair-Fit w/Freeman</u> <u>12:00pm- Zumba DVD</u> <u>1pm-Afternoon Fitness w/Valerie</u> <u>1-3pm- Bridge "The Peak"</u> <u>3-6pm-The Peak Table Games</u> <u>6-7pm-Nighttime Cardio DVD</u></p>	<p>25) <u>8am-</u> Wake Up & WALK! <u>9am- Fitness w/Freeman</u> <u>9-11am-Ping Pong w/Su Bao</u> <u>10am-ZUMBA w/Valerie</u> <u>11am-Two Stepping w /Marvin & Kenneth</u> <u>12-1pm-Line Dancing w/Faye</u> <u>December Birthday Celebration @ Noon</u> <u>12-2pm- Wild & Wooly Women</u> <u>1pm-Fitness w/Freeman (Ab Workout)</u> <u>1:30-5:30pm-The Peak Table Games</u> <u>6-7pm-Line Dance w/Bonnita</u></p>	<p>26) <u>8am-</u> Wake Up & WALK! <u>9-10am-Functional Fitness /Freeman</u> <u>9-11am-Ping Pong Open Play</u> <u>10am-Adult Coloring</u> <u>Library Programming "The POINTE"</u> <u>10:30-11:30-Chair Fit w/Freeman</u> <u>11am-Noon-Wealth Management</u> <u>11:30am- Zumba DVD</u> <u>1:30-5:30pm-The Peak Table Games</u> <u>5-6pm-Sign Language w/Marsha "The Peak"</u> <u>6-7pm Two Stepping w/Marvin</u></p>	<p>27) <u>8am-</u> Wake Up & WALK! <u>9am-Freeman's Fitness Friday</u> <u>10am-Chair Fit DVD w/Freeman</u> <u>11-1pm-Sewing w/Marcia-Auditorium</u> <u>12-2pm-Wild & Wooly Women</u> <u>3-6pm-The Peak Table Games</u> <u>6-7pm-Nighttime Cardio DVD</u> <u>Saturday 1-28-17</u> <u>8am-Wake Up & Walk DVD</u> <u>9am-ZUMBA w/Valerie</u> <u>9-10:45am Computer Class</u></p>

To participate in Programs & Activities you must complete a Registration Form and Sign a Release of Liability Waiver